

BMRC Membership Information  
2009-10 Ski Season

Enclosed you will find a comprehensive membership package to join BMRC for the upcoming season and additional information to get the season started. The package includes:

- Membership Application
- Schedule Overview...PLEASE NOTE: Calendar subject to change – check e-mail & published schedule at [www.NYSSRA.org](http://www.NYSSRA.org)
- Release Forms
- Information on the Thanksgiving Trip to Mont Tremblant, Canada
- Merchandise – Bill Treacy will be coordinating the ordering of some Under Armor gear for the club. He will have samples of the items that can be ordered, at the first couple of dry land training sessions.

Please make note that the first payment and enrollment packets must be postmarked by **10/1/09** to avoid late fees. Please note the **new 2 payment plan**. We need to know our numbers earlier to better align our coaching staff with the athletes. No athlete will be allowed to participate in any on-snow training or activity...including Mont Tremblant... without proper enrollment. This is without exception due to insurance regulations.

**Race Schedule:**

We have an aggressive race schedule this year. Besides your children having a “home hill advantage” you will save time and money by not having to travel to events. While it does take volunteer work to put these events on your children will benefit from your efforts. Thank you.

Highlights include: 4 days of Trophy Series J1/2 racing including a Super Combined, a SuperG followed by a 1 run Slalom race where the times are combined; the J3 SG Camp and Race and the J4 SuperG Camp that lets those little guys point them straight down the hill and grab the bullet.

J1/2: February 13-16, SL, GS, SG and SuperCombined (SG + 1 run SL)  
J3: January 23-25<sup>th</sup>, SG Camp and Race  
J4/5: January 9-10, J4 only SG Camp; February 7<sup>th</sup>, GS

**Volunteering:**

Without your help we could not run the many events we are hosting for your children. A \$100 deposit check is required with enrollment. The check will be held and destroyed once the minimum volunteer requirement of 3 days per family is met. A volunteer sign up form is in the enrollment packet and can be turned in as part of the enrollment. We realize this is quite in advance and we will work with schedule/availability changes as necessary, but it will make race management and planning for the respective Race Administrator (RA) much easier plus it gives you first choice of which events and tasks you would like to volunteer for.

Due to the many events we are running for your children we have created the following volunteer guidelines: J1/2 parents: 2 days J1/2 event plus 1 day at J3/4/5 events  
J3/4/5/ parents: 2 days of your child's events plus 1 day at a J1/2 event.

The Race Administrator (RA) for each event will have a child racing in the event. They will be asking for your help. Please consider the time and money you save by hosting events at Bristol as opposed to traveling.

Please do not be afraid to volunteer for or ask about positions of interest regardless of experience. RA, Timing & Calculations, etc...even Gate Keeping training clinics are available. We need people to learn and take new roles, to become Alpine Officials, to fill voids of experience as families move up and out. If

anyone has interest in any 'new' position, make a note on the Volunteer form and we will work with you regarding training, clinics, or whatever is necessary. Thank you for your support!

### **Race Administration:**

RA's are the key role and foundation of the ROC (Race Organizing Committee) for every race hosted. They are an Alpine Official and require Certification. The RA is the liaison role between the Club, NYSSRA, the Hill Staff, Coaches, Athletes and the Mountain's management. It is a critical role and is not only extremely rewarding, but also one of the best ways to learn, understand, and be part of all aspects of a race. Without an RA a race cannot happen and we are always in need of RA's.

The last several years Frank Lindbloom has directed an RA training program that has been very successful and we are continuing it again. Anyone potentially interested in becoming an RA is teamed with an experienced RA for an event. Planning, Organizing, and running a race will be done together allowing the chance to learn as you go without the pressure of sole responsibility. Some have taken the Certification class in the Fall to learn the basics then seen them applied as they co-RA an event. Others have co-RA'd an event as preparation and then taken the Certification course the following Fall for their RA license. Either way is effective and makes the process much easier and less intimidating. Anyone interested in becoming an RA or a co-RA please contact Mark Sertl at [msertl@rochester.rr.com](mailto:msertl@rochester.rr.com)

Liz Muxworthy is taking over the Race Secretary position this year and all race entries will be processed by her. Many thanks Liz!

### **Mont Tremblant Thanksgiving Training Camp:**

We are in the process of planning the annual Mont Tremblant Thanksgiving Trip that is scheduled for November 26 – November 29 with specific information to be forwarded to members via email. We stay right in the Village at the Hilton Inn and Suites within walking distance to the gondola. We have had good snow the last 6 trips. We ski Thursday morning through Sunday at noon. Coaches will review video with the skiers several afternoons. It is an awesome trip and a great opportunity for the kids (and families) to get a head start on snow!!! If you are not able to attend but wish to send your child, we can help coordinate for your child to attend with another family. We get some great pricing that makes the trip reasonable since it is still off-season up there.

### **Fund Raising:**

As an organization, one of our primary objectives this season is fundraising. The 3rd Annual Golf Tournament will be held October 9<sup>th</sup> at Bristol Harbor. Many thanks to Glen & Gary Muxworthy and Tiffany Hilbert and the organizing committee and with our support should grow to be a significant source of fundraising. There are additional things planned for this season, such as goods raffles, Race Arena Banner advertising and more. We need everyone's help and support. Fundraising is vital to continue to help your son or daughter with quality coaching, coach's education, necessary new equipment, etc, etc...and it is the way to do it and still control membership costs and fees. With enough volunteers and proper networking the efforts will garner support without even indirectly passing additional costs on to you. Our program is a tremendous value and with shared focus and effort in fundraising we can keep it as such. Fundraising allows BMRC to be a leader in Coach's Education and we have set a high standard for all coaches. Our coaching staff keeps growing, our mountain and Team size requires much equipment, yet our overall fees are still low. We need your help to keep it so. Fundraising Committee members are needed, as well as ideas, raffle donations, advertising referrals, etc.

Bill Treacy ([btreacy@underarmour.com](mailto:btreacy@underarmour.com)).

### **Program Information and Communications:**

This year we will continue to utilizing our website as much as possible. With many hours and much effort over the off season Andy Kunzman has built and developed a beautiful website for BMRC. We also have

an extremely functional mailing tool as well, automating general notices and communications via email subscriptions to appropriate levels (JI, JII etc), coaches training plans/reminders, etc. Please check it out and familiarize yourself with it and all it can/will do. [www.bristolraceteam.org](http://www.bristolraceteam.org)

In addition we will utilize Level Coordinators for planning, parent concerns and working with the Board.

J4/5 Coordinator: Connie Vasile [cvasile1@rochester.rr.com](mailto:cvasile1@rochester.rr.com)  
J3 Coordinator: Betsy Landre [blandre@rochester.rr.com](mailto:blandre@rochester.rr.com)  
J1/2 Coordinator: John Ahlman [John.Ahlman@xerox.com](mailto:John.Ahlman@xerox.com)

### **Dryland Training:**

Starting in early October we will have preseason conditioning on Sunday mornings. This will continue until mid November. Please check the web site for updates. Justin Lloyd also offers a more intensive mid-week dryland program for athletes age 12 and over. Contact Justin at [jhlska@hotmail.com](mailto:jhlska@hotmail.com) for more information.

### **Coaching:**

Coaching staff for the upcoming season includes:

Jeff Jenkins – Program Director		
Justin Lloyd	Steve Kurz	Peter Landre
David Farrell	Glen Muxworthy	Kristy Freeman
Paul Swartz	Jen Higgins	Chad Jacob
Tom Jacob		

### **Officers:**

President: Mark Sertl	Vice President: Scott Norris
Secretary: Tom Anderson	Treasurer: Cal Wallace
Race Secretary: Liz Muxworthy	Membership Secretary: Sandy Sertl

BMRC  
Bristol Mountain Race Club  
2009-2010 SKI SEASON  
Membership Information and Application

Bristol Mountain Race Club, founded in 1965 by several former Austrian National Ski Team members turned Bristol Mountain Ski School staff along with some enthusiastic Rochester families, the Bristol Mountain Race Club was one of the first local race clubs born in New York State.

In its modern form, the Bristol Mountain Race Club (BMRC) is a non-profit ski-racing club for children and young adults. BMRC is a "local competition club" member of the United States Ski and Snowboard Association (USSA). Local clubs such as BMRC bear the responsibility of developing the athletes that become the elite of junior ski racing. More rigorous and developmentally focused than recreational or high-school ski racing, USSA racing at the local club level represents the grass roots efforts in our country's training and development of alpine world champions. BMRC is one of the most established race clubs in the United States, and has hosted USSA pipeline races for 46 consecutive years.

Racers participate in local, regional, and national level competitions. BMRC skiers have gone on to win at the State level, compete in the Junior Olympics, and even make the U.S. Olympic Team!

BMRC views ski racing not only as a competitive sport, but as a medium through which children can augment their overall development (physical, mental, emotional, social), and learn a variety of life-skills that will serve them well and help them meet their overall life goals. Ski racing is also a family sport requiring a serious time commitment by parents.

Ski racing is also a family sport requiring a serious time commitment by parents. Each parent is required to fulfill their volunteer requirement by participating in 3 race days (not applicable to Weekend Program).

Helmets designed for ski racing are REQUIRED for all training days and race days. The athletes must also become a member of the New York State Ski Racing Association ([www.NYSSRA.ORG](http://www.NYSSRA.ORG)) and United States Ski Racing Association ([www.USSA.ORG](http://www.USSA.ORG)). Both organizations have applications on their websites. Weekend Program racers only need to be NYSSRA and USSA members if racing USSA races.

#### Alpine Training Program

BMRC utilizes the guidelines established by the USSA in conjunction with our own personal resources, experience and philosophies, to design and implement our Alpine Training Program. The guiding USSA document is known as the Alpine Athletic Competencies. Developed and implemented by USSA, this document has become the cornerstone for alpine athletic development and coaching in the United States. NYSSRA (an accredited USSA organization) and BMRC (an accredited NYSSRA and USSA organization) has the authority and mission to adopt and modify these guidelines to best fit our own unique and individual programs. We at BMRC have designed our program to best facilitate our unique relationship between Bristol Mountain, our Membership, Coaches, and Friends.

A detailed description of our Alpine Training Program is available.

For additional information – please contact the following:

Mark Sertl, President  
[msertl@rochester.rr.com](mailto:msertl@rochester.rr.com)

Jeff Jenkins, Program Director  
[jjenkin5@rochester.rr.com](mailto:jjenkin5@rochester.rr.com)

BMRC  
Training Programs

LEVEL	DESCRIPTION
JUNIOR CLASS 5 Ages 10 and under  &  JUNIOR CLASS 4 Ages 11 & 12	Coaching: 1 weeknight (Wed – 6-8 pm) 2 weekend days (9 am – 1 pm)  NOTE: For J4's ONLY – OPTIONAL Tuesday night (6 – 8 pm) Technical skiing and fun  Coaching at Races Dryland Training Christmas Camp (12/26 – 12/30)
JUNIOR CLASS 3 Ages 13 & 14	Coaching: 2 weeknights (Tues & Thurs 6 – 8 pm) **alternative afternoon program available 2 weekend days (9 am – 1 pm)  Coaching at Races Dryland Training Christmas Camp (12/26 – 12/30)
JUNIOR CLASS 2 Ages 15 & 16  &  JUNIOR CLASS 1 Ages 17-19	Coaching: 2 weeknights (Tues & Thurs 6 – 8 pm) **alternative afternoon program available 2 weekend days (9 am – 1 pm)  Coaching at Races Dryland Training Christmas Camp (12/26 – 12/30)
<b>NEW!</b>  JUNIOR Ages 15 - 19  "WEEKEND Program"	Coaching:  2 weekend days (9 am – 1 pm) through 2/14/2010 Dryland Training Christmas Camp (12/26 – 12/30) This program provides additional training for High School racers. USSA membership is not required. If you want to race in USSA races coaching is provided thru 2/16/10. After that date race coaching is available at a cost of \$30/day.

- Training start/finish times may be adjusted on an individual level basis as necessary. Coaches will notify athletes/families of such changes.
- Athletes are expected to be dressed, warmed up, and ready to depart with groups/coach BY indicated start times. Groups will depart at scheduled time and late athletes will have to wait at lift.
- Program fees do not include lift tickets. Season Passes may be purchased at Bristol Mountain.
- Other training opportunities will be made available and at an additional cost.

## BMRC's Afternoon Training Program

It is getting very close to kick-off time for our season; we hope everyone is as excited as we are. As the membership info was sent out very recently, it is now time to think about the application process for our afternoon program. We'd like to say a few words about this program for the new families who might be interested and for those who have participated in the past.

Our afternoon training program is for committed and dedicated JI-II and JIII athletes who want to maximize their training and racing potential in BMRC. The afternoon program will be available four times a week, Monday thru Thursday, with a three session per week minimum required commitment enforceable by removal from the program. Monday and Thursday are mandatory training days for all afternoon program athletes. Athletes may choose between Tuesday and Wednesday, these days being very close in training content. This is to accommodate our high school racer's schedules for both the Monroe and Wayne leagues. Athletes who choose to may attend all days if so desired. On non-race weekends, afternoon program participants will train with the entire appropriate age group and coaches. The afternoon program will begin at 3:30pm and end at 5:30pm. The program will be limited to approximately 12 athletes. There will be no automatic or guaranteed slots.

This is a program for a serious, committed athlete. What we are looking for in our afternoon program athletes is the desire to work hard in an effort to improve and achieve their own personal goals. Being in this program requires a serious commitment to training, in addition to increased attention to school and other off snow activities as the increased training schedule leaves slightly less time for these important commitments. This program is not intended to be a high pressure, results oriented program solely intent on post-season results. We are interested in a racer's total development. This includes everything from maturity and reaching for highly set goals to high performance in skiing and ski racing. This will be accomplished through a formal goal-setting process and a commitment to keeping a supervised training journal with the help of the coaching staff. We are not necessarily looking for only our best racers, but our most dedicated racers.

There has always been a high interest in participating in BMRC's afternoon program. For this reason, we have an application that is included with this letter. Due to the interest, and limited space, a significant portion of the decision has to be based on an athlete's racing and training history. In addition, significant weight will be given to a short racer's essay, where the athlete gets the opportunity to talk about their personal goals and reasons for wanting to be in the afternoon program. There is absolutely no substitute for a highly motivated athlete who is willing to put forth the effort and take from the program everything they possibly can. This is more important than an "exceptional" current level of performance based on the USSA's ladder system definition for a ski racer's advancement.

It is very important to understand that the afternoon program will be training on a progression schedule that will be more seasonally focused vs. focusing on the upcoming weekend's event. The progressions will prepare the athletes for all events and address the skills required for those events. It should be further understood that the afternoon program will not be primarily focused on the race schedule. It is our goal to prepare the athletes with the skills needed to be successful at all events at any time. Event schedules will be taken into account with the planning of progressions and the overall season to best prepare all athletes.

Finally, we'd like to make it known that every single racer in BMRC will receive nothing but our coaching staff's very best, regardless of when they train. If an athlete is not in the afternoon program, that in no way means he or she will receive less attention from the coaches. All of our athletes receive 100% from the coaches!

If you have any questions at all, please feel free to contact Justin Lloyd at (585) 368-8646, e-mail: [jhlska@hotmail.com](mailto:jhlska@hotmail.com), Jeff Jenkins (585) 455-8362, e-mail: [jjenkin5@rochester.rr.com](mailto:jjenkin5@rochester.rr.com)

Bristol Mountain and Bristol Mountain Race Club  
Release Form

ASSUMPTION OF ALL RISKS AND INDEMNIFICATION AGREEMENT

I, \_\_\_\_\_, know and understand that alpine, nordic, and freestyle skiing, as well as snowboarding and other snow activities, including games and competitive events, are activities that involve a significant risk of personal injury, death or property damage. I also know and understand that there are natural and environmental conditions and risks which independently, or in combination with these activities, may cause property damage or severe or even fatal injuries to me or others.

I agree and acknowledge that I have made a voluntary choice to participate in these activities at Bristol Mountain with the risk that they present. In consideration of being permitted to participate in a ski or snowboard instructional program at Bristol Mountain, I agree to ASSUME ANY AND ALL RISK OF INJURY OR DEATH, which might be associated with, or result from, my participation in these activities. I agree to accept all responsibility for the risks, conditions and hazards which may occur whether they now be known or unknown.

I further agree that I will accept and abide by all the rules and regulations of Bristol Mountain and Bristol Mountain Race Club, as well as all obligations that may be imposed upon by Article 18 of the General Obligations Law or any other law of the State of New York.

I further agree to indemnify and hold harmless Bristol Mountain and Bristol Mountain Race Club, their affiliates, owners, directors, sponsors, agents and their heirs, for any claim, demand, losses, or damages arising out of any personal injury or property damage to me or any other person as a result of my participation in these activities.

I have fully read and understand this Agreement and all of its terms. I understand that this acknowledgement and assumption may affect my legal claims for damages in the event of my death or any injury to me. I nevertheless enter into this Agreement freely and voluntarily agree that it is a binding upon me, my heirs, assigns, and legal representatives.

I agree that the terms of this Agreement shall be binding and shall be governed by the laws of the State of New York and that the terms of this document shall be admissible in evidence as a binding legal document between me and the persons and entities listed above in this Agreement.

Registrant's Name: \_\_\_\_\_  
(please print)

Date: \_\_\_\_\_

Registrant's Signature: \_\_\_\_\_

Age: \_\_\_\_\_ Date of Birth \_\_\_\_\_

PARENTAL AGREEMENT AND INDEMNIFICATION

As parent and/or natural guardian of the above named minor, I hereby give permission for my child or ward to participate in the aforementioned activities. I have read and understand the above ASSUMPTION OF ALL RISKS AND INDEMNIFICATION AGREEMENT, and on my behalf and on behalf of my child or ward, I agree to all terms contained therein, and I specifically agree to indemnify and hold harmless Bristol Mountain and Bristol Mountain race Club with respect to any and all claims that my arise from the participation of the above-named minor child in the aforementioned activities.

Signed this \_\_\_\_\_ day of \_\_\_\_\_, 20\_\_\_\_

\_\_\_\_\_(Signature of Parent or Legal Guardian)

**BMRC**

Bristol Mountain Race Club  
Medical & Emergency Contact Information and Release Form

Child's Name: \_\_\_\_\_ USSA# \_\_\_\_\_

Address: \_\_\_\_\_ Date of Birth \_\_\_\_\_

City: \_\_\_\_\_ State: \_\_\_\_\_ Zip: \_\_\_\_\_ 2009-10 Class: J - 1 2 3 4 5

Today's Date \_\_\_\_\_ Grade in School \_\_\_\_\_

Home Telephone: \_\_\_\_\_ Cell Phone : \_\_\_\_\_

E-Mail Address(es) to be used for communications: \_\_\_\_\_

Mother's Name: \_\_\_\_\_

Address/Home Phone/Cell Phone/E Mail (if other than above )

\_\_\_\_\_  
\_\_\_\_\_

Mother's Work Phone: \_\_\_\_\_

Father's Name: \_\_\_\_\_

Address/Home Phone/Cell Phone/E Mail ( if other than above ) :

\_\_\_\_\_  
\_\_\_\_\_

Father's Work Phone: \_\_\_\_\_

Alternate Emergency Contact (other than Parents): \_\_\_\_\_

Emergency Contact's Phone Info: \_\_\_\_\_ Relation to Child \_\_\_\_\_

Health Insurance Carrier: \_\_\_\_\_ Policy # \_\_\_\_\_

Primary Insured Name on Policy: \_\_\_\_\_

Child's Physician: \_\_\_\_\_ Physician Phone: \_\_\_\_\_

Does Your Child Have Any Allergies? If so, List: \_\_\_\_\_

Is Your Child Taking any Medication? If so, list: \_\_\_\_\_

Please give the date of your child's last immunization for Tetanus: \_\_\_\_\_

Is the child up-to-date on all other immunizations as required by New York State Department of Education athletic policies. Yes \_\_\_\_\_ No \_\_\_\_\_

(On the reverse of this form, you may advise us as to anything medically or otherwise you wish us to know about your child.)

To register, mail all forms and payments to:

BMRC  
P.O. Box 1324  
Pittsford, NY 14534

**Race Training Program 2009- 2010 Season  
Program Level/Rate Form**

LEVEL	AGE	1 <sup>st</sup> Payment	2 <sup>nd</sup> Payment	TOTAL
		fee per racer if POSTMARKED on or before 10/1/09	fee per racer if POSTMARKED on or before 11/15/09	
J5 Wednesday night + weekends, races	Ages 10 and under	\$150.00	\$460.00	\$
J4 Tuesday, Wednesday night + weekends, races	Ages 11 & 12	\$160.00	\$480.00	\$
J3 Tuesday, Thursday night + weekends, races	Ages 13 & 14	\$175.00	\$525.00	\$
J3 Afternoon Program + weekends, races	Ages 13 & 14	\$290.00	\$860.00	\$
J1/2 Tuesday, Thursday night + weekends, races	Ages 15 – 19	\$190.00	\$570.00	\$
J1/2 Afternoon Program + weekends, races	Ages 15 – 19	\$300.00	\$910.00	\$
High School Weekend Program thru 2/14/10	Ages 15 – 19	\$115.00	\$345.00	\$
<b>Bristol Mountain Race Club Dues: One fee per family for Administrative, Insurance and Equipment costs</b>			Due 10/1/09	\$100.00
<b>Late Fee, \$25 per racer if Postmarked after either of the dates above</b>				\$
<b>Total Amount Enclosed</b>				\$
<b>Separate Check for Volunteer Work Deposit** (not Weekend Program)</b>			Due 10/1/09	\$ 100.00

**\*\* Volunteer Work Deposit check will be destroyed with min. 3 volunteer positions filled**

**^^ NOTE: Fees INCLUDE Christmas Camp at Bristol Mountain for J1-5 ^^**

**Late fees do not apply to new members**

**IN ORDER TO CONSIDER THIS REGISTRATION FINAL, PLEASE INCLUDE THE FOLLOWING:**

1. Liability Release Form
2. Medical & Emergency Contact Information and Release Form
3. Program level/rate form
4. Payment for program (one check), payable to BMRC (1<sup>st</sup> or 2<sup>nd</sup> payment)
5. Volunteer work deposit, \$100 (separate check), payable to BMRC (not Weekend Program)
6. Afternoon Program Application, if applicable, due October 1st
7. Volunteer sign up sheet (not applicable to Weekend Program)

BMRC  
2009-2010

AFTERNOON PROGRAM APPLICATION

Name: \_\_\_\_\_

Phone \_\_\_\_\_ E-mail Address \_\_\_\_\_

Birth date and Class (J1, 2, 3) \_\_\_\_\_

Achievements: Please write below a short synopsis of any and all achievements, primarily in ski racing, but also in any sport and academics that you feel are significant and would like us to take under advisement when looking at applications. (Use attachment if necessary.)

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Short Racer's Essay: Please write, on no more than one attached piece of paper, a short essay stating and discussing your personal goals, reasons and motivation for wanting to be in the afternoon program. Racers: please do this yourself; it is after all, about your own personal desire to be in the afternoon program.

Attendance in any ski related camps or off-season training camps:

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Provide any additional information that you think can assist in the selection process:

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List your most important goal(s) for the upcoming season \_\_\_\_\_

(NOTE: Athlete's accepted into the Afternoon Program will be required to participate in a formal goal setting process prior to the start of the season and keep a training journal during the season.)

Last year's coach \_\_\_\_\_

Please complete this application and submit with registration package no later than October 1st. Those not selected will receive a refund of either the entire amount or the difference between the standard program fee at the athlete's family's discretion.

# Volunteer Form

Pre-registration for volunteer commitments will greatly help Organizing Committees for the events and will get you your best dates and favorite positions.

**Please select position(s) desired for dates/events available- No Experience Needed!**

Scheduling/availability/position changes will be handled by event RA's as necessary

Please Submit with Volunteer Deposit and Enrollment package:

**Family Name:** \_\_\_\_\_

<u>Race Dates, Event</u>	<u>Volunteer Name(s)</u>	<u>Position (indoor, outdoor, or specific)</u>
1/09 J4 SG Camp	_____	_____
1/10 J4 SG Camp	_____	_____
1/23 J3 SG Training	_____	_____
1/24 J3 SG Training	_____	_____
1/25 J3 SG Cup West Race	_____	_____
2/7 J4/5 Council GS	_____	_____
2/13 J1/2 Trophy SL	_____	_____
2/14 J1/2 Trophy GS	_____	_____
2/15 J1/2 SG	_____	_____
2/16 J1/2 Super Combined	_____	_____

**Comments/Areas of interest:**

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